

June 2022

A Generous and Timely Gift



Some of the regulars from Wednesday's Tai Chi class, enjoying tea in the fresh air. Left to right: Joy Washbrook, Marni Gauley, Kathleen Malmquist, instructor Nan Doty, and Janet Sigler.

We are delighted to announce that we have two new gathering areas on the Anchors lawn. We hope you will all feel welcome to come and enjoy the spectacular view from one of our new benches at the Anchors. The presence of the coronavirus over the past two years has unsurprisingly prompted several requests for outdoor seating from our program participants.

During a catch-up phone call with long time Edgartown resident Cate Hitchings, she asked what she could do to express her gratitude to the Council on Aging for the role they played in her life here in Edgartown. Cate was delighted to learn of the outdoor seating requests and offered to donate the beautiful Victorian-style park benches on behalf of the Hitchings family. It brings her pleasure to think of her old friends enjoying each other's company out on the Anchors lawn. We are happy to report that she is now ensconced in a lovely and active new community close to her dear family in North Carolina. We miss you, Cate!

Thanks to Bryan Begley for donating his time to assemble the benches, and to Nick Briggs, Raphael Viera, and Eben Armer of Contact Stone for the generous gift of their time, labor, and the granite used for their installation.



The Anchors Kitchen

We are committed to providing those in need with nutrition resources.
Please call 508-627-4368 to learn about nutrition programs you may be eligible for.

Brown Bag Lunch Pickup

Tuesdays and Fridays

11am-12:30pm. Exact change is appreciated.

Please call the week before to register. 508-627-4368

Tuesday SANDWICHES

~ with dessert

\$3

6/7 Tuna and Egg Salad

6/14 Ham and Swiss

6/21 Meatloaf

6/28 Veggie Wrap

Friday Café

~ with soup & dessert

\$5

6/3 Lasagna Roll up

6/10 Stuffed Collard Greens

6/17 Black Bean Burrito

6/24 Chicken Stew



June 2022

To register, or learn more about programs at
The Anchors,
Call 508-627-4368
~or email~ mkeating@edgartown-ma.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Fathers Day Sunday, June 19th		<u>9:30</u> Tai Chi <u>12:30</u> Bridge <u>2:00</u> My Life, My Health ~ "Week 2"	<u>9:30</u> Poetry <u>10:00</u> Volunteer Training-LGBT and Aging <u>11:00</u> Conversations <u>1:00</u> Bingo	<u>9:30</u> Mindful Meditation <u>11-12:30</u> Friday Café <u>1:00</u> Mah Jong
<u>12:30</u> Bridge <u>3:30</u> Knitting and Needlework	<u>9:00</u> Yoga with Carol Vega <u>10</u> Knitting for Charity <u>12</u> Tuesday Lunch <u>1:00</u> Mah Jong	<u>9:30</u> Tai Chi <u>11</u> Tech Time <u>12:30</u> Bridge <u>2:00</u> My Life, My Health ~ "Week 3"	<u>9:30</u> Poetry <u>10:00</u> China Dream Lecture <u>11:00</u> Conversations <u>1:00</u> Movie	<u>9:30</u> Mindful Meditation <u>11-12:30</u> Friday Café <u>1:00</u> Mah Jong
<u>9:00</u> Hearing Wellness with Shawn <u>12:30</u> Bridge <u>3:30</u> Knitting and Needlework	<u>9:00</u> Yoga with Carol Vega <u>10</u> Knitting for Charity <u>12-1</u> Wellness Clinic with Lila Fischer <u>12</u> Tuesday Lunch <u>1:00</u> Mah Jong	<u>9:30</u> Tai Chi <u>10:30</u> iPad classes at the library <u>12:30</u> Bridge <u>2:00</u> My Life, My Health ~ "Week 4"	<u>9:30</u> Poetry <u>11:00</u> Conversations <u>1:00</u> Bingo	<u>8:30</u> ECOA Board <u>9:30</u> Mindful Meditation <u>11-12:30</u> Friday Café <u>1:00</u> Mah Jong
C E L E B R A T E J U N E 2 0 2 2	<u>9:00</u> Yoga with Carol Vega <u>10</u> Knitting for Charity <u>12</u> Tuesday Lunch <u>1:00</u> Mah Jong	<u>9:30</u> Tai Chi <u>12:30</u> Bridge <u>2:00</u> My Life, My Health ~ "Week 5"	<u>9:30</u> Poetry <u>11:00</u> Conversations <u>1:00</u> Movie	<u>9:30</u> Mindful Meditation <u>11-12:30</u> Friday Café <u>1:00</u> Mah Jong
Open Cupboard <u>12:30</u> Bridge <u>3:30</u> Knitting and Needlework	<u>9:00</u> Yoga with Carol Vega <u>10</u> Knitting for Charity <u>12</u> Tuesday Lunch <u>1:00</u> Mah Jong	<u>9:30</u> Tai Chi <u>12:30</u> Bridge <u>2:00</u> My Life, My Health ~ "Week 6"	<u>9:30</u> Poetry <u>11:00</u> Conversations <u>1:00</u> Bingo	PURPLE= ZOOM GREEN= AT THE ANCHORS BLUE= OTHER LOCATION

Programs and Services

Coffee with a Cop

Coffee with a Cop Is Back!



Tuesday, June 7th at 11am at the Edgartown Council on Aging
Call 508-627-4368 to register.



Conversation Group

Conversations Thursdays at 11am. Come with an open mind and something of interest to share. Please call for more info and to register.

Exercise & Wellness

Mindfulness Meditation with Ed Merck on Zoom Fridays at 9:30am on Zoom! Please call or email if you would like to join us.

Tai Chi with Nan Doty Wednesdays, at 9:30am. \$10 session.

Yoga with Carol Vega Tuesdays at 9am. \$10 session.

Games

Bingo Thursdays, June 2nd, 16th, 30th at 1pm.

Mah Jong meets Tuesdays and Fridays at 1pm. New players are always welcome. Please call to register in advance if you are interested in learning to play. 508-627-4368

Bridge Group meets Mondays and Wednesdays from 12:30-3:30pm. To join, call Carol Fligor at 508-627-8811 or email her at fligors@comcast.net.

Anchors Card Group

All are welcome!

Seeking Card Players for the Summer Season!

- ♦ Gin
- ♦ Backgammon
- ♦ Cribbage

Thursdays 1-3pm

Please get in touch with Meris at 508-627-4368 or mkeating@edgartown-ma.us

Happiness Project

HAMV and Island Grown Initiative are once again bringing the Happiness Project to your doorstep. If you or someone you know would enjoy receiving a gardening kit this month, please contact Victoria in outreach for more information.

Knitting & Needlework

Mindful Knitting meets at the Anchors Mondays at 3:30pm.

Knitting for Charity at the Anchors meets Tuesdays from 10am-12noon.

Private Attorneys Specializing in Elder Law

The following attorneys all have their main offices on the mainland and frequently come to Martha's Vineyard to meet with clients. They all specialize in elder and estate law. These are not legal aid attorneys and charge for their services.

Private Attorneys cont.

Suprenant and Beneski 508-994-5200
<https://myfamilyestateplanning.com/>
Patricia Mello & Associates 508-477-0267
<https://attorneymello.com/>
Arthur P Bergeron 508-860-1470
abergeron@mirickoconnell.com

Lifelong Learning

Lecture- China Dream 2049 - 11 Invisible Barriers. Thursday, June 9th at 10am. Please join us At The Anchors for this special 90 minute lecture by E. Michael Quinlan, Esq. 30 minute Q&A after the lecture. See our May newsletter for a full description.

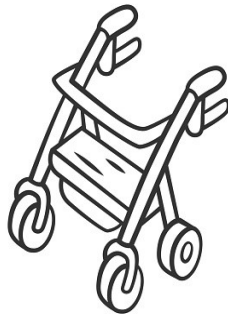
Masks

Please note that the ECOA Board is strongly encouraging participants to wear masks inside of the Anchors building. This is due to a rise in cases on the island and statewide.

Medical Equipment

We have a large supply of the following medical items at the Anchors to give away or loan out **FREE**. Many of our items are brand new. We only accept gently used, thoroughly sanitized items for donation.

- ◆ Standard Walkers
- ◆ Rolling Walkers
- ◆ Commodes
- ◆ Crutches
- ◆ Shower chairs
- ◆ Transfer Chairs
- ◆ Over-bed tables
- ◆ Bed rails
- ◆ Falls mat
- ◆ Canes
- ◆ Kneerover
- ◆ Grabbers



Let us know if you need something before you buy it!



Plant Swap

Plant Swap at the Anchors

~Now through summer~

Take a plant. Leave a plant.

Garden. Repeat.



New garden bench for the Plant Swap, lovingly built and donated by fellow gardener Bryan Begley and in its new location on the Daggett St side of the Anchors building.

Raffle

New—Enter our Raffle!

In order to be entered, just sign in at the Kiosk each time you come to the Anchors. The winner receives their choice of a manicure or pedicure from Anneta Nails MV. If you are the winner, you'll receive a call with the details to set up your spa treatment.



SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations.
508-627-4368

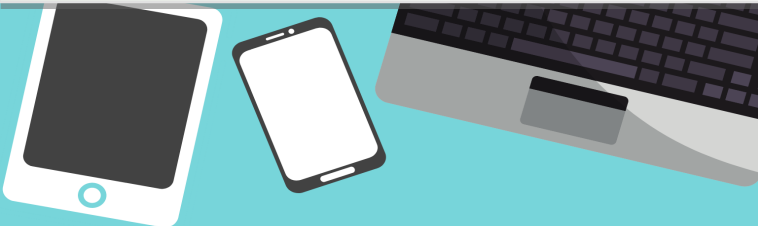
Transportation

Van Rides Thursdays Would you like to come to our Thursday programs at the Anchors but need a ride? Call to arrange for a pickup and drop off. We will also be offering rides to Stop n Shop and other local errands each Thursday afternoon. Space is limited. You must call at least 24 hours in advance to reserve. 508-627-4368



Dick Biros and Meris on their way to Conversations which meets every Thursday at 11am at the Anchors. Want to join us? Call ahead and we'll pick you up!

Tech Time



TECH TIME AT THE ANCHORS

Do you have questions about using your laptop, smartphone, iPad, or other devices? The Edgartown Library is partnering with the Edgartown Council On Aging to provide tech time sessions every month at the Anchors.
Call 508-627-4368 to register.

SECOND WEDNESDAY OF THE MONTH, 11AM-12PM
EDGARTOWN COUNCIL ON AGING



Wellness

My Life, My Health Wellness classes for the management of a variety of chronic diseases. Classes are held via Zoom on Wednesdays. Begins 5/18 through 6/29.

Shawn Woodbrey

hearing aid specialist from At Home Hearing Healthcare. Monday, June 13. Second Monday of the month, beginning at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call to schedule an appointment. 508-627-4368



Wellness Clinic and Consultations with Public Health Nurse Lila Fischer June 14.

Come to the Anchors for a blood pressure screening and to discuss any health related concerns you may have. Second Tuesday of each month from 12-1pm.

Volunteers

Volunteer Training - LGBT and Aging

Massachusetts Thursday, June 2nd at 10am. All current Anchors volunteers are required to take this training by the end of June in order to comply with state regulations for anyone working with older adults and receiving funding from the EOEA. Alternately, you may take it online. Thanks for all you do!



Two of our new benches boast a beautiful view of the Edgartown harbor and lighthouse.



A picture of our group during the May tour of the Martha's Vineyard Museum.

It is our pleasure to introduce to you our newest member of the Anchors team, Gabrielle Nash. We'll let her tell you a little bit about herself:

My name is Gabrielle and I am a temporary Outreach Worker at the ECOA. I am currently pursuing a Master's of Social Work at Boston College and I received my



Gabrielle in Arches National Park, Utah in 2021

undergraduate degree in Business from the University of Maryland. I grew up vacationing on the Vineyard and my family has a house in Oak Bluffs. My dad was even an extra in the movie Jaws when it was filmed on the island. In my free time I love to spend time outdoors, make pottery, and try new restaurants. I am super excited to join the Anchors team and to meet you all this summer!

Board Members

Rosemary Cunningham, Chair

Marvene O'Rourke, Co-chair

Nancy Ignacio

Heidi Boyd

Jay Sigler

John Dropick

Janice Belisle, Friends of ECOA rep



ECOA Staff

Gabrielle Nash, Outreach, 212

Donna Paulson, Receptionist, 210

Diane Wall, Cook

Victoria Haeselbarth, Outreach Worker, 215

Meris Keating, Director of Senior Services, 214

Lyndsay Famariss, Administrator, 213



West Side Story, 2021. 2h 36min.

Thursday, June 9th at 1pm. Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks -- two rival gangs vying for control of the streets.



Downton Abbey, 2019. 2hr 2min.

Thursday, June 23rd at 1pm. The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England soon unleashes scandal, romance and intrigue -- leaving the future of Downton hanging in the balance.

Disclaimer:

The Edgartown Council on Aging offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Edgartown COA, the Town of Edgartown or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal cost practitioner. Any act, advice, or service by outside providers at the COA is neither endorsed nor sponsored by the COA.

